

**Every Thursday in August
7 to 11 pm**

Money, Money, Money!

Stuff your pockets with a new Wallet and Cash or Free Play! Every Thursday in August a winner will be selected to pick 1 of 9 wallets filled with Free Play or Cash. Each week one lucky person will win \$700 Cash. Just play at a machine with your Champions Player's Club card inserted and you could be one of the lucky winners every half hour from 7 to 11 pm to win your share of \$10,000!

Actual prize & value may vary. See the Club Booth for rules and regulations. Must be at least 21 years of age. The Iowa Tribe of Oklahoma invites you to play responsibly. If you think you have a gambling problem call 800-522-4700.

**Sundays, August 1 and 29, 2010
3 to 7 pm**

**Win Free Play For You
And A Friend!**

Play with your Champions Player's Club card and you could be chosen to win FREE PLAY for you and a friend. We'll draw one name every half hour between 3 and 7 pm to win \$50 Free Play for themselves and another \$50 for a friend of their choice. So bring your best friend Sundays, August 1 and 29 and you could both walk away winners!

See the Club Booth for rules and regulations. Must be at least 21 years of age. The Iowa Tribe of Oklahoma invites you to play responsibly. If you think you have a gambling problem call 800-522-4700.

The BAH-KHO-JE Journal

Rt. 1 Box 721

Perkins, OK 74059



BAH-KHO-JE JOURNAL

The Official Journal of the
Iowa Tribe of Oklahoma

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IOWA TRIBE OF OKLAHOMA 25th ANNUAL POWWOW

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As gourds rattle and Indians sing, contest dancers get ready to compete and dance their hearts out. This year was the Iowa Tribe of Oklahoma's 25th powwow held at the Bah-Kho-Je Chena Pow Wow Grounds.

Gourd dancing started the weekend off with Nolan Grant as the head gourd dancer. 2010 Iowa Tribal Princess was Shayla Scott Miller. Head staff included Oliver Little Cook as Master of Ceremonies, Steven Little Cook as Head War Dance Singer, Leonard Cozad Jr. as Head Gourd Dance Singer, Garland Kent Jr. as Head Man Dancer, Joyce Big Soldier-Miller as Head Lady Dancer, Red Rock Creek Gourd Dancers as Co-Host, Red Land

Singers as Northern Drum, Randy Moore & Pat Moore as Arena Directors, and Trevor Kent & Bear Murray as Water Boys.

The powwow was filled with laughter, food, and fun. Special thanks to the powwow committee, dancers, volunteers, and all who were a part of this important Ceremony.



Dear Tribal Members,

It has been a year since I have taken office. I want to thank you for the opportunity to serve you. This is without a doubt the most challenging position I have ever held. It is also the most honorable and I appreciate your support.

Many things have happened with the tribe during my first year as your Chairman. By now you should have received my speech I delivered to the General Council during elections and the meeting of the General Council. My speech brings tribal members up to date on issues I worked hard to correct. I believe the meeting was a good and productive one.

We have accomplished many things in the last year. The Tribe is doing well and in good financial shape. As everyone knows, Lakes Entertainment is out of Cimarron Casino. I believe this is a good financial move for the casino. This Tribe is capable of running our own casino and employing our own people. Yes, it did cost the tribe money to rid ourselves of the management agreement but it would have cost us several million more if we had stayed with them. The Tribe settled with Lakes Entertainment for \$4.5 million dollars with a \$1 million payment toward the note at the settlement. The Tribe is determined to have this paid within one year.

I announced recently the Tribe will start on two casinos very soon. One will be located in Coyle and the other will be at the location on Route 66. Neither of the casinos will be on the scale as once promised, but will be smaller and hopefully will grow in time. I don't believe it is in the best interest of the tribe to go into debt building a large casino, yet. It is better to start small than to jump into something that will keep the Tribe in debt for years. Three casinos will generate more revenue which will help the tribe prosper.

The Tribe is finally in good standing with HUD and no longer in jeopardy of losing our housing program. I met with HUD officials several times both locally and in Washington DC, fighting to keep our housing program. HUD first wanted \$3 million in re-payment for the mismanagement of our housing program. The Tribe was able to finally settle with HUD for \$10,000.

BKJ Solutions is finally going strong and has employed several tribal members lately. The hope is to build a strong construction company comprised of our own tribal members. Currently BKJ has so many opportunities available we are behind hiring even more tribal members. BKJ Solutions was recently presented the opportunity for a mentor-protégé agreement with a large electrical contractor. If the Tribe can take advantage of this opportunity, it will mean several construction jobs for years to come. According to this company's website, the company has estimated annual sales of \$500 million. This would be an outstanding opportunity for the Tribe. The company has also vowed training for our tribal members that



INSTALLATION CEREMONY

On Friday July 16th, the elected Business committee members were sworn into office. Elected Business Committee members were Perri Ahhaitty, Renee Lincoln-Prince, and Leslie Tanyan. A speech was presented to everyone and food was provided. Hello Catering provided the ceremony with lunch. Congratulations and good luck to the Vice Chairman, Secretary, and Council-Person.

"Cultivating Health The Traditional Way"

IOWA TRIBE OF OK & PERKINS FAMILY CLINIC 7TH ANNUAL HEALTH FAIR

Many people today show a great concern of their health, as overall health is an issue in America. The Iowa Tribe of Oklahoma held its 7th annual health fair to promote and educate people about the importance of staying healthy. "Walk for Health", a 5K walk, started at 8am and everyone who participated received a free "FUN WALK" t-shirt. Blood pressure tests, blood sugar tests, lead testing, cholesterol testing, lung capacity testing, and general wellness tests were offered for free for people interested in their health. Also, there were many door prizes given away and lunch was provided. Thanks to all volunteers and all participants for a successful Health Fair!



The Iowa Tribe of Oklahoma hosted a golf tournament Saturday June 26th at the Cimarron Trails Golf Course. Below is the winning team. Congratulations to Mr. Komahcheet's team for taking the win!



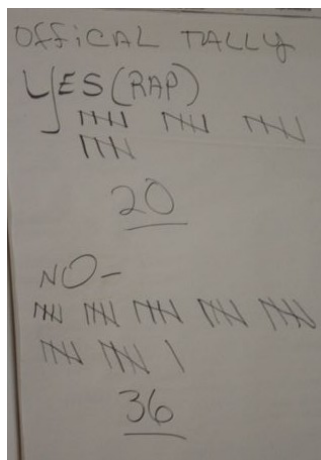
RAP

Saturday July 17th the Business Committee gave Iowa Tribal members a chance to vote for a RAP, or Revenue Allocation Plan. There were also discussions on different topics concerning the RAP and how it would affect the tribe.

Many were educated on what a RAP contained and tribal members were able to present their opinions, thoughts, concerns, and ideas on it. From the turnout of the voting ballots, it was apparent that about 60% of tribal members who

were in attendance, did not agree that the RAP was in the best interest of the tribe.

IT also provided a live-stream audio/visual session for tribal members who could not attend but had access to a computer. Special thanks to McAlister's Deli for catering/food. Very special thanks to all tribal members in attendance.



“On July 17, 2010, the Tribe held the second meeting to discuss and vote on whether a Revenue Allocation Plan should be adopted by the tribe. Participating tribal members were given a chance to vote on whether to adopt the plan or deny it. Tribal members attending the meeting voted NOT to

adopt the Revenue Allocation Plan, but to increase benefits instead. Since that meeting, we have heard from several of you, stating you want the chance to vote, also. We will discuss this with legal and make an announcement on whether another election will be held on the Revenue Allocation Plan.”

could lead to great opportunities in the electrical field. BKJ is also pursuing several government contracts. Those contracts are worth several millions dollars and can greatly benefit the Tribe. More construction jobs will mean more opportunities for tribal members.

My campaign promise was to hire tribal members. I am proud to say, there are more tribal members working for the tribe than ever before. It is a good thing to see so many happy tribal members around the Tribe. When I took office, the Tribe had a policy to hire only from a select employment agency. My Civil Rights background caused me to challenge the policy by asking two questions. The first question was, “How many tribal members know to apply at this employment agency?” My second question, “How many tribal members have been employed through this employment agency?” Shortly after, the policy was rescinded. Since that time, we have strongly applied tribal hiring preference. I encourage all hiring officials to give tribal members the first opportunity for the jobs. Even more, I encourage all tribal members seeking employment to apply at the Tribe. Be patient with the hiring process though. As I have told everyone, we will eventually find the right place for all.

The Tribe recently held two meetings with tribal members to discuss the Revenue Allocation Plan. On our first meeting with the General Council in May about the plan, tribal members were evenly split on whether to increase benefits or whether to adopt the Revenue Allocation Plan that would allow for distributions from gaming revenue. The reason for the split decision was because if the Tribe increases benefits to tribal members, the benefits are not taxed by the Federal Government. If the Tribe distributes money from gaming revenue, the money is taxed by the government like any other income source.

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I am very proud of this Tribe and even more honored to serve as your Chairman. It hurts me that I cannot help everyone requesting assistance. I recently said, “I have been an advocate for the rights of Indian people most of my life. It’s OK that I don’t win every battle. It’s not OK if I quit fighting.” As your Chairman, I will fight those battles. According to our Constitution, the Chairman only votes in case of a tie. I will promise to present your issue and fight for your rights. I may not win, but you will not be alone in the battle.

Sincerely,

Janice Rowe-Kurak
Chairman

Tribal members are now beginning to see the efforts of the Information Technology department that was created in February. Some of the recent projects completed are the redesign of the Tribe's website [www. lowanation.org](http://www.lowanation.org) and the live video streaming of recent events like the General Council meeting, Installation Ceremony, and Revenue Allocation Plan (RAP) meetings.

More changes are on the way. Later this year, the website will have a new section for tribal members only. Members will be able to participate in blogs, see a tribal calendar, and much more. The IT department is also working on the deployment of an electronic system which will speed up its ability to process purchase orders and check requests. Once deployed, this should improve the timeliness of tribal assistance checks.

Look for more information during upcoming months and be sure to visit the website to check on the new look!



25TH ANNUAL IOWA POWWOW
Contests included categories:

Jr. Girls	Jr. Boys	Teen Girls	Teen Boys	Women	Men
(7-12)	(7-12)	(13-17)	(13-17)	(18-54)	(18-54)
Cloth Buckskin Jingle Fancy Shawl	Straight Traditional Grass Fancy	Cloth Buckskin Jingle Fancy Shawl	Straight Traditional Grass Fancy	Cloth Buckskin Jingle Fancy Shawl	Straight Traditional Grass Fancy Shawl

Jr. Girls Cloth		Jr. Girls Buckskin		Jr. Girls Jingle		0 contestants		Jr. Girls Fancy Shawl			
Catherene Rosas	1st	Alexis Tanyan	1st					Rose Good Eagle	1st		
Kayten Moore	2nd	Julia Harragera	2nd					Kaitylyn Springer	2nd		
Elizabeth Jefferson	3rd									Camiya Hooper	3rd

Jr.Boys Straight		Jr.Boys Tradi-		Jr. Boys Fancy		Teen Girls Bucksin		Teen Girls Cloth	
Hunter Wahpepah	1st	tional	0 contest-	Patrick Desjarlait	1st	Shannon Tapia	1st		
Cory Chasenah	2nd	Jr.Boys Grass	0 contest-	Silas Whitebuffalo	2nd	Darian Hill	2nd		
Jay Bemo	3rd		ants	Graycloud Lieb	3rd	Paigelyn Moore	3rd		

Iowa Tribe of Oklahoma Title VI Menu

AUGUST 2010

Thursday is Fish day

Dieticians Approval

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Soft Turkey Taco w/ Lettuce, Tomatoes, Onions, Sour Cream, Guacamole & Tortilla Chips Black Beans Mixed Fruit / Milk	3	Meatloaf Mashed Potato's w/ Gravy California Blend Wheat Roll Watermelon / Milk	4	Steam Fry Potato Salad Seasoned Green Beans Sherry's Fry Bread Banana / Milk	5	Salmon Cakes Coleslaw Macaroni Salad Cantaloupe Milk	6	Cream of Wheat Or Cold Cereal Boiled Egg Wheat Toast Fresh Strawberries /Milk <i>Commodity Pick Up Day</i>
9	Steak Fingers Mashed Potatoes w/ Gravy Asparagus Roll Pineapple Chunks Milk	10	Sloppy Bobs Baked Lays Chips Salad with Salad Dressing Strawberry Fluff Milk	11	Chicken Pot Pie w/ Mixed Vegetables & Broccoli Garden Salad Splenda Peach Cobbler Milk	12	Tuna Salad w/Lettuce, Tomatoes & Pickle Slices Wheat Toast LF Cottage Cheese Celery & Carrot Sticks Pineapple / Milk	13	Ham Scrambled Eggs Tomato Juice Hash Browns Wheat Toast Apricots / Milk
15	Canadian Bacon Pizza 3 Bean Salad Garden Salad Perfect Berry Fluff Milk	17	Salisbury Steak Mashed Potatoes w/ Gravy Zucchini & Tomatoes Roll Splenda Blackberry Cobbler Milk	18	Beef & Corn Soup Seasoned New Potatoes Seasoned Green Beans Sherry's Fry Bread Grapes / Milk	19	Baked Catfish Hushpuppies Sweet Potatoes Coleslaw Sliced Peaches / Milk <i>Sack Breakfast to Homebound</i>	20	<i>No Breakfast Served</i> <i>Elders August Birthday Luncheon & Caregiver Education Presentation 11:45 to 1:30</i>
23	Baked Pork Chops Garlic Flavored Rice Cabbage SF Tapioca Pudding Milk	24	Goulash Cauliflower Harvested Beets Wheat Roll Fruit Cocktail Salad Milk	25	Turkey Enchiladas' Lettuce, Tomatoes, Onions, Sour Cream Guacamole, Cheese, Salsa & Tortilla Chips Refried Beans Spanish Rice Mandarin Orange Fluff Milk	26	Tilapia Key Largo Garden Salad Peach Fluff Wheat Bread Milk	27	Oatmeal Sausage Links Apricots Wheat Toast / Milk
30	Cold Turkey Sub w/ Lettuce, Tomatoes, Red Onion, Cheese Baked Lays Chips LF Cottage Cheese w/Tomatoes SF Vanilla Pudding Milk	31	Chef Salad Chicken Salad Pimiento Salad On Lettuce & Tomato Bed Celery Sticks, Baby Carrots & Broccoli Tropical Fruit Salad Milk	Menu Subject to Change without Notice					

Private Water Well Maintenance Tips

Many people in the United States, especially in rural areas, use privately owned wells for their sole water source. Even though private wells are not subject to Environmental Protection Agency (EPA) regulations concerning the operation and maintenance of their well, they still need to practice safety and maintenance of their wells. The following are some tips to ensure that your drinking water is safe.

- **Keep contaminants away – Avoid mixing, using or storing hazardous chemicals, such as paint, fertilizer, pesticides, motor oil, gas, weed killer and other pollutants near the well.**
- **Don't allow back-siphonage – Use back flow prevention devices (available at local hardware stores) on all outside faucets with hose connections to help keep pollutants from back siphoning into the hose.**
- **Visually inspect exposed parts of the well – Make sure there are no cracks or damage to the well casing or well cap, and the well cap fits tightly. Also, ensure the area around the wellhead slopes away from the well, and is free of leaves, grass and other debris.**
- **Seal abandoned wells – Abandoned and improperly constructed wells can be sources of potentially polluted groundwater, which could make your drinking water unsafe.**
- **Conserve and protect your water - Water conservation is**

becoming an ever-growing necessity throughout the world today. Conserving and protecting this limited resource is essential in ensuring an adequate supply of water for all your needs as well as for future generations.

- **Test, test, test!** – Remember, private water well owners themselves have the primary responsibility to **test well water** for potential contaminants.

If you have any questions please feel free to contact Ken Knight at the Office of Environmental Services at (405) 547-4230.



OKLAHOMA POWWOWS

FOR THE MONTH OF AUGUST

21st Annual Oklahoma Indian Nation Pow-Wow

Concho Pow-Wow Grounds
Concho, OK

August 6, 7, & 8, 2010

~ 2010 Royalty ~

Senior Miss - Johnnie BigMedicine-Lopez

Junior Miss - Alexis Youngbear-Ortiz

Little Miss - Miklyn Lumpmouth

Honored Flags:

Friday: Bruce Whiteman, Sr. - U.S. Army

Saturday: Herman Youngbear - U.S. Army

Sunday: Leroy Chouteau - U.S. Army

Elder of the Year:

Lillian Toahly Old Crow

Head Staff:

Color Guard: Buddy Bond

Masters of Ceremonies: Manny King, Bob Sankey

Head Singers: Leonard Cozad, Jr., Homer Wassana

Head Man Gourd Dancer: Deswood Koshiway

Head Lady Gourd Dancer: Lucy Snyder

Head Man War Dancer: Alvin Sage, Sr.

Head Lady War Dancer: Edwina Whiteman

Arena Directors: Eric Sandoval, Warren Anquoe, Randy Frazier

Thursday Evening, August 5th at 6:00 p.m. - Grounds Blessing Ceremony

Contests:

Tiny Tots, Juniors, Adults & Golden Age Categories

Tiny Tots: (Must make Friday Grand Entry), Ages 6 & Under

Juniors: (Must make Friday Grand Entry), Ages 7-16

Adults: (Must make 2 Grand Entries), Ages 17-49

Golden Age: (Must make "two" Grand Entries), 50 & Over

Tentative Contest Schedule:

Friday: Tiny Tot, Boys & Girls, Junior Categories

Saturday: Women's Golden Age Categories, Adult Women Categories, Special Girls Tiny Tot

Contest In Honor of Eryn RomaNose, Announcement of Tiny Tot & Junior Division Winners,

49 Contest - Winner Take All, Sponsored by OIN Committee

Sunday: Men's Golden Age Category, Adult Men Categories, Special Women's Buckskin

Contest In Honor of Senior Princess, Elder's Prettiest Shawl Contest, Sponsored by

R.E.Sp.E.C.T. Program

Drum Contest:

Saturday & Sunday Night

Sponsored by Lucky Star & Feather Warrior Casino(s)

Hand Game Tournament:

Saturday, August 7th

Concho Community Hall - Contact Georgia Welbourne (580) 917-0276 or

Juanita Trout (405) 651-2689

Buffalo Chili Cook-Off:

Saturday, August 7th

OIN Pow-wow Grounds, limited to first 15 Buffalo Disbursement Participants.

1:00 - 3:00 p.m. ~ Prizes awarded to top 5 Winners!

Sponsored by Diabetes Wellness Program (405)422-7679

5K Buffalo Run and Fun Walk:

Saturday, August 7th

7:00 a.m. Registration @ Lucky Star Casino, Run & Walk starts @ 8:00 a.m.

Free Water, Fruit & T-Shirts! Contact R.E.Sp.E.C.T. Program @ (405)422.7570

Annual SummerFest Activities

Friday, Saturday & Sunday, Contact R.E.Sp.E.C.T. Program at (405)422.7570

Sunday Morning Worship Services

Provided by El Reno Indian Baptist Church

11:00 a.m. - 12:00 noon OIN Pow-wow Grounds

Arts & Crafts Vendor Booths: \$35/per night; Food Vendors Booths: \$350/weekend

Only accepting 8 Food Vendor Applications

OIN Committee: Dara Franklin/Chairperson (405.295.6512)

Frankie Gilbert/Vice

Christine Morton/Treasurer (405.476.1134)

Jessie Botone/Secretary

Fritz PrairieChief/Public Relations

Security Provided - OIN Not responsible for Accidents

No Drugs or Alcohol Allowed

Sponsored by the OIN Committee, Cheyenne and Arapaho Tribes, Culture & Heritage

Program, Oklahoma Arts Council, Lucky Star Casino, Feather Warrior Casino, C & A

Smokeshop



CONTEST IN ALL "ADULT" CATEGORIES- sponsored by current and former S.W. Vietnam Veterans Princess-individually- SPECIAL "MEN'S FANCY"-sponsored in memory of virgil by JOE LITTLEBIRD FAMILY- TINY TOT CONTEST -sponsored by ADDISON CLOUD- god daughter of Virgil and Lois swift. MEN'S FANCY CONTEST - sponsored by the family of Virgil H. Swift...World heavyweight fancy dance champion.. DRUM CONTEST -

*****ALL VETERANS AND PRINCESS'S INVITED*****

CONTEST RESULTS (CONTINUED)

Teen Girls Jingle		Teen Girls Fancy		Teen Boys Straight		Teen Boys Traditional		Teen Boys Grass	
Sadie Red Eagle	1st	Yahna Bender	1st			Skylar Nucosee	1st	Coltin Shawnee	1st
Danielle Springer	2nd	Tylynn Broncho	2nd	Ryan Good Fox	1st	William Nelson Jr.	2nd	Ryan Longhorn	2nd
Annica Billey	3rd	Cosetta Jake	3rd	Trace Totherow	2nd	Edward Yellowfish	3rd		

Teen Boys Fancy		Womens Golden Age		Mens Golden Age		Womens Cloth		Womens Buckskin	
Thunder Lieb	1st	Linda Tsonetokey	1st	Darrell Moore	1st	Celia Red Bird	1st	Janet Bullcoming	1st
Skush McClellan	2nd	Jo Neda Sage	2nd	Boye Ladd Sr.	2nd	Amy No Ear	2nd	Erin Yarholar	2nd
Ryland Moore	3rd	Sylvestine Shields	3rd	Cecil Wahpekeche	3rd	Jennifer Allery	3rd	Tomi Moore	3rd

Womens Jingle		Womens Fancy Shawl		Mens Straight		Mens Grass	
Yvette Good Eagle	1st	Leah Bates	1st	Willie Beard	1st	DiJay Yarholar (David Moore)	1st
Frankee Cunnningham	2nd	Tawny Adson	2nd	Barry Brown	2nd	C.C. Whitewolf	2nd
		Michelle Tsosie	3rd	Everett Moore	3rd	Notah Wahpepah	3rd

Mens Traditional		Mens Fancy	
John Arkeketa	1st	Gramham Primeaux	1st
Jason Bender	2nd	Dwight Whitebuffalo	2nd
Kyle Pacheco	3rd	Greg Miller	3rd



Grant & Lori Franklin, would like to "thank", Lori Stropes and the Iowa Police Department for all of the support, time, and the tent during the Iowa Pow-Wow. With out them our breakfast Friday and Sunday would not have happened.

Thank you so much, The Franklin Family

Equal Employment—Opportunity Statement

The Iowa Tribe of Oklahoma does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability status in employment. However, individuals of Indian ancestry and Veterans will be given preference by law in initial employment or re-employment. jobs@iowanation.org
<http://www.iowanation.org>

**IOWA TRIBE OF
OKLAHOMA**

The BAH-KHO-JE Journal is the official publication of the Iowa Tribe of Oklahoma.

The Iowa Tribe of Oklahoma is located 4 miles south of Perkins, Oklahoma on State Highway 177.

**The BAH-KHO-JE
Journal**
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Abraham Wahkinney

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ADMINISTRATION

**COMPLIANCE OFFICER
EXECUTIVE ASSISTANT**

HEALTH

NURSE PRACTITIONER

Government

**DISPATCHER/JAILER
POLICE OFFICER**

Cimarron Casino

**BARTENDER/SERVER - PT
COOK**

**FOOD & BEVERAGE MANAGER
FOOD & BEVERAGE SUPERVISOR
SECURITY SERGEANT
MARKETING ASSISTANT**

Gaming Commission

DIRECTOR OF SURVEILLANCE

The Iowa Tribe has a contract with the Department of Rehabilitation Services (DRS) for getting individuals to work. The Iowa Tribe will provide on-the-job training to participants with a disability for up to a 90 day period through this program offered by the DRS through stimulus funds. Native Americans with disabilities are encouraged to coordinate employment through the Iowa Tribe of Oklahoma's Vocational Rehabilitation program. To apply for the OJT program through the DRS use the application provided on Iowanation.org in the "Job Postings" section.

ELIGIBILITY: Services are required. Receipt of any assistance is dependent on an unmet need basis, meeting specific program requirements, and availability of funding. Not all services are of a financial nature. **CITIZEN POTAWATOMI NATION** has integrated employment, training, and related services through Public Law 102-477 to serve the Indian population in central Oklahoma. Under P. L. 102-477, Employment & Training combines funding from Department of Labor (DOL), Bureau of Indian Affairs (BIA), and Health & Human Services (HHS). Although no additional Federal dollars are associated with this law, it does allow and encourage combining of resources that has resulted in lower administrative costs and more dollars reaching participants and more served.

The Oklahoma City
INDIAN CLINIC

Annual Contest Pow Wow
August 14, 2010

Cox Pavilion
Oklahoma State Fairgrounds
Gourd Dancing - 2:00 pm
Grand Entry - 7:00 pm

Head Staff

MC: Sammy White
HMD: Damon Roughface
HLD: Linda Big Soldier
HS: Leonard Cozad, Jr.
HGD: Graham Primeaux
Northern Drum: Plains Drifters
Host Gourd Clan: Comanche Little Ponies
AD: Randy Frazier
Color Guard: Seminole Nation

ALL CATEGORIES:

1st Place: \$400	2nd Place: \$300	3rd Place: \$200
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Womens Contest: Cloth, Buckskin, Jungle, Fancy Shawl
Mens Contest: Straight, Fancy, Grass, Traditional

INDY: Steve Buse 405.961.9078 or 356.1565 or steve.b@okcic.com
VENDORs: Audi Little 405.9076 or 922.5502 or audi.l@okcic.com

RAIANCF



Native Youth Preventing Diabetes

The Iowa Tribe of Oklahoma took several youth to participate in a diabetes prevention camp called NYPD camp. NYPD is an acronym that stands for Native Youth Preventing Diabetes. This acronym was developed by the kids participating in the first NYPD camp in 2001. The primary goal is to prevent diabetes and metabolic syndrome in our tribal youth. NYPD originated as a day camp for two days by a tribal coalition of five tribes. It has grown to twelve area tribes and has received national recognition such as Association of American Indian Physicians Model Program of the Year and being presented at the American Association of Diabetes Educators Convention.

NYPD camp is a 5 day/4 night residential camp. The camp location rotates each year. This year we went to Fort Gibson Lake. The kids participated in various classes/activities to learn more about healthy lifestyles. Topics included nutrition, physical activity, self-esteem, cultural awareness, tobacco cessation, and diabetes prevention. Activities included swimming, arts and crafts, games, canoeing, hiking and stick-ball. The Absentee Shawnee Tribe sponsored a dance as the big finale on Thursday evening.

We were pleased to take Abe Lincoln as a Junior NYPD Leader this year. He was a great help and the Camp Director shared their appreciation of his efforts to the Iowa Tribal Diabetes Staff. The Iowa Tribe plans on participating with the NYPD Tribal coalition in 2011. If you would like more information, please contact Patty Anson at Perkins Family Clinic (405) 547-2473.

ATTENTION TRIBAL MEMBERS:

IF YOUR ADDRESS HAS CHANGED OR YOU WOULD LIKE TO HAVE YOUR NEWSLETTER SENT TO AN ADDRESS OTHER THAN WHAT WE HAVE ON RECORD PLEASE CONTACT (405)547-2402 KEVIN ELLIS EXT.257 E-MAIL KELLIS@IOWANATION.ORG or MYSELF AT EXT.301 E-MAIL AWAHKINNEY@IOWANATION.ORG

**IOWA TRIBE OF
OKLAHOMA**

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Phone(405)547-2402
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Tribal Officers
Chairman
Janice Rowe-Kurak
Vice-Chairman
Perri Ahhaitty
Treasurer
Lisa Yellowfish
Secretary
Leslie Tanyan
Council Person
Renee
Lincoln Prince